

Scoring description for the DBT-Ways of Coping Checklist (DBT-WCCL):

The scoring is the average of relevant items for each subscale. The score for the **skills use scale** is the average of these items: 1, 2, 4, 6, 9, 10, 11, 13, 16, 18, 19, 21, 22, 23, 26, 27, 29, 31, 33, 34, 35, 36, 38, 39, 40, 42, 43, 44, 47, 49, 50, 51, 53, 54, 56, 57, 58, 59

The dysfunctional coping scale 1 (**general dysfunctional coping** factor) has these items (and you compute an average score for them): 3, 5, 8, 12, 14, 17, 20, 25, 32, 37, 41, 45, 46, 52, 55

And the dysfunctional coping scale 2 (**blaming others** factor) has these items: 7, 15, 24, 28, 30, 48

Below is a list of what number corresponds with what question.

1. Bargained or compromised to get something positive from the situation.
2. Counted my blessings.
3. Blamed myself.
4. Concentrated on something good that could come out of the whole thing.
5. Kept feelings to myself
6. Made sure I'm responding in a way that doesn't alienate others.
7. Figured out who to blame.
8. Hoped a miracle would happen.
9. Tried to get centered before taking any action.
10. Talked to someone about how I've been feeling.
11. Stood my ground and fought for what I wanted.
12. Refused to believe that it had happened.
13. Treated myself to something really tasty.
14. Criticized or lectured myself.
15. Took it out on others.
16. Came up with a couple of different solutions to my problem.
17. Wished I were a stronger person — more optimistic and forceful.
18. Accepted my strong feelings, but not let them interfere with other things too much.
19. Focused on the good things in my life.
20. Wished that I could change the way that I felt.
21. Found something beautiful to look at to make me feel better.
22. Changed something about myself so that I could deal with the situation better.
23. Focused on the good aspects of my life and gave less attention to negative thoughts or feelings.
24. Got mad at the people or things that caused the problem
25. Felt bad that I couldn't avoid the problem.
26. Tried to distract myself by getting active.
27. Been aware of what has to be done, so I've been doubling my efforts and trying harder to make things work.
28. Thought that others were unfair to me.
29. Soothed myself by surrounding myself with a nice fragrance of some kind.
30. Blamed others.
31. Listened to or played music that I found relaxing.
32. Gone on as if nothing had happened
33. Accepted the next best thing to what I wanted.
34. Told myself things could be worse.
35. Occupied my mind with something else.
36. Talked to someone who could do something concrete about the problem

37. Tried to make myself feel better by eating, drinking, smoking, taking medications, etc.
38. Tried not to act too hastily or follow my own hunch.
39. Changed something so things would turn out right.
40. Pampered myself with something that felt good to the touch (e.g., a bubble bath or a hug)
41. Avoided people
42. Thought how much better off I was than others.
43. Just took things one step at a time.
44. Did something to feel a totally different emotion (like gone to a funny movie).
45. Wished the situation would go away or somehow be finished.
46. Kept others from knowing how bad things were.
47. Focused my energy on helping others.
48. Found out what other person was responsible.
49. Made sure to take care of my body and stay healthy so that I was less emotionally sensitive.
50. Told myself how much I had already accomplished.
51. Made sure I respond in a way so that I could still respect myself afterwards.
52. Wished that I could change what had happened.
53. Made a plan of action and followed it.
54. Talked to someone to find out about the situation
55. Avoided my problem
56. Stepped back and tried to see things as they really are
57. Compared myself to others who are less fortunate.
58. Increased the number of pleasant things in my life so that I had a more positive outlook.
59. Tried not to burn my bridges behind me, but leave things open somewhat.

SPSS scoring syntax:

*** DBT-WCCL scoring ***.

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*** Neacsiu, A. D., Rizvi, S. L., Vitaliano, P. P., Lynch, T. R., & Linehan, M.

*** M. (2010). The Dialectical Behavior Therapy Ways of Coping Checklist

*** (DBT-WCCL): Development and Psychometric Properties.

*** Journal of Clinical Psychology, 66(6), 1-20 ***.

VARIABLE LABELS

DBTWC01 'Bargained or compromised to get something positive'

DBTWC02 'Counted my blessings'

DBTWC03 'Blamed myself'

DBTWC04 'Concentrated on something good that could come out of it'

DBTWC05 'Kept feelings to myself'

DBTWC06 'Made sure I'm responding in a way that doesn't alienate others'

DBTWC07 'Figured out who to blame'

DBTWC08 'Hoped a miracle would happen'

DBTWC09 'Got centered before taking action'

DBTWC10 'Talked to someone about feelings'

DBTWC11 'Stood my ground & fought'

DBTWC12 'Refused to believe it was happening'

DBTWC13 'Treated self to something tasty'

DBTWC14 'Criticized/lectured self'

DBTWC15 'Taken it out on others'

DBTWC16 'Come up with several different solutions'

DBTWC17 'Wished I were stronger -- optimistic & forceful'

DBTWC18 'Accepted feelings, did not let them interfere'

DBTWC19 'Focused on the good things'

DBTWC20 'Wished I could change feelings'

DBTWC21 'Looked at something beautiful to feel better'

DBTWC22 'Changed self to deal with situation better'

DBTWC23 'Focused on positive'

DBTWC24 'Gotten mad at cause of problem'

DBTWC25 'Felt bad I couldnt avoid problem'

DBTWC26 'Tried to distract by getting active'

DBTWC27 'Aware of what needs work; trying harder'

DBTWC28 'Thought that others were unfair to me'

DBTWC29 'Soothed with fragrance'

DBTWC30 'Blamed others'

DBTWC31 'Listened to or played relaxing music'

DBTWC32 'Gone on as if nothing happened'

DBTWC33 'Accepted next best thing'

DBTWC34 'Told myself things could be worse'

DBTWC35 'Occupied my mind with something else'

DBTWC36 'Talked to someone who could do something'

DBTWC37 'Tried to feel better by eating, drinking, smoking, taking...'

DBTWC38 'Tried not to act too hastily'

DBTWC39 'Changed something so things would work out'

DBTWC40 'Self-soothed with touch'
DBTWC41 'Avoided people'
DBTWC42 'Thought how much better off I was than others'
DBTWC43 'Took things one step at a time'
DBTWC44 'Done something to feel different emotion'
DBTWC45 'Wished the situation would go away'
DBTWC46 'Kept others from knowing how bad things were'
DBTWC47 'Focused energy on helping others'
DBTWC48 'Found out who was responsible'
DBTWC49 'Took care of body and health in order to be less sensitive'
DBTWC50 'Reminded self of accomplishments'
DBTWC51 'Responded in way I could respect'
DBTWC52 'Wished I could change what happened'
DBTWC53 'Make a plan and follow it'
DBTWC54 'Talked to someone to get info'
DBTWC55 'Avoided problem'
DBTWC56 'Stepped back to see things as they are'
DBTWC57 'Compared self to others less fortunate'
DBTWC58 'Increased pleasant things to improve outlook'
DBTWC59 'Tried not to burn bridges, but leave things open'.

EXECUTE.

VALUE LABELS

DBTWC01 DBTWC02 DBTWC03 DBTWC04 DBTWC05 DBTWC06 DBTWC07 DBTWC08
DBTWC09 DBTWC10 DBTWC11 DBTWC12 DBTWC13 DBTWC14 DBTWC15 DBTWC16
DBTWC17 DBTWC18 DBTWC19 DBTWC20 DBTWC21 DBTWC22 DBTWC23 DBTWC24
DBTWC25 DBTWC26 DBTWC27 DBTWC28 DBTWC29 DBTWC30 DBTWC31 DBTWC32
DBTWC33 DBTWC34 DBTWC35 DBTWC36 DBTWC37 DBTWC38 DBTWC39 DBTWC40
DBTWC41 DBTWC42 DBTWC43 DBTWC44 DBTWC45 DBTWC46 DBTWC47 DBTWC48
DBTWC49 DBTWC50 DBTWC51 DBTWC52 DBTWC53 DBTWC54 DBTWC55 DBTWC56
DBTWC57 DBTWC58 DBTWC59

0 'Never used' 1 'Rarely used' 2 'Sometimes used' 3 'Regularly used'.

EXECUTE.

** DBT Skills Use Subscale: 1, 2, 4, 6, 9, 10, 11, 13, 16, 18, 19, 21, 22, 23, 26, 27, 29, 31, 33,
34, 35, 36, 38, 39, 40, 42, 43, 44, 47, 49, 50, 51, 53, 54, 56, 57, 58, 59**.

COMPUTE meanDSS=MEAN.30 (DBTWC01, DBTWC02, DBTWC04, DBTWC06, DBTWC09,
DBTWC10, DBTWC11, DBTWC13, DBTWC16, DBTWC18, DBTWC19, DBTWC21, DBTWC22,
DBTWC23, DBTWC26, DBTWC27, DBTWC29, DBTWC31, DBTWC33, DBTWC34, DBTWC35,
DBTWC36, DBTWC38, DBTWC39, DBTWC40, DBTWC42, DBTWC43, DBTWC44, DBTWC47,
DBTWC49, DBTWC50, DBTWC51, DBTWC53, DBTWC54, DBTWC56, DBTWC57, DBTWC58,
DBTWC59).

EXECUTE.

MISSING VALUES meanDSS(LO thru -1).

EXECUTE.

****IF YOU USE TWO DYSFUNCTIONAL COPING SUBSCALES USE THESE:****

****Dysfunctional Coping Subscale 1: 3, 5, 8, 12, 14, 17, 20, 25, 32, 37, 41, 45, 46, 52, 55****.

COMPUTE meanDCS1 =MEAN.10(DBTWC03, DBTWC05, DBTWC08, DBTWC12, DBTWC14, DBTWC17, DBTWC20, DBTWC25, DBTWC32, DBTWC37, DBTWC41, DBTWC45, DBTWC46, DBTWC52, DBTWC55).

EXECUTE.

****Dysfunctional Coping Subscale 2: 7, 15, 24, 28, 30, 48****.

COMPUTE meanDCS2 =MEAN.4(DBTWC07, DBTWC15, DBTWC24, DBTWC28, DBTWC30, DBTWC48).

EXECUTE.

MISSING VALUES meanDCS1 meanDCS2 (LO thru -1).

EXECUTE.

****IF YOU USE ONE DYSFUNCTIONAL COPING SUBSCALES USE THIS****.

COMPUTE meanDCS =MEAN.4(DBTWC03, DBTWC05, DBTWC07, DBTWC08, DBTWC12, DBTWC14, DBTWC15, DBTWC17, DBTWC20, DBTWC24, DBTWC25, DBTWC28, DBTWC30, DBTWC32, DBTWC37, DBTWC41, DBTWC45, DBTWC46, DBTWC48, DBTWC52, DBTWC55).

EXECUTE.

VARIABLE LABEL meanDCS 'Mean dysfunctional coping subscale'

meanDSS 'Mean DBT skills use'.

MISSING VALUES meanDCS (LO thru -1).

EXECUTE.